Abstract of the Disclosure

A lifting and transport strap assembly for lifting and transporting bulky articles which includes a main strap assembly for circumscribing at least a portion of the bulky article, first and second spaced apart side straps connected to the main strap assembly for engaging the sides of the bulky article and a bottom strap spanning the side straps for engaging the bottom of the bulky article. Gripping rings are affixed to the ends of the main strap assembly to assist in gripping the apparatus and buckle loops are provided for adjusting the length of the main strap of the main strap assembly and for adjusting the length of the side straps so that the apparatus can be used to lift and transport articles of various sizes.